

fattest us president

fattest us president is a topic that often piques the curiosity of history enthusiasts and trivia lovers alike. Throughout the history of the United States, presidents have come in all shapes and sizes, but one stands out for his notable girth: William Howard Taft. This article delves deep into the life and legacy of America's fattest president, exploring not only his weight but also the impact it had on his presidency, public perception, and health. We will also examine how presidential health and fitness have evolved over the years, and draw comparisons between Taft and other U.S. presidents. Whether you are searching for fascinating presidential facts, insights into health in leadership, or simply want to know more about the unique figure that was William Howard Taft, this comprehensive guide provides all the details you need. Read on for a thorough exploration of the fattest U.S. president and related historical and health perspectives.

- Who Was the Fattest U.S. President?
- William Howard Taft: Life and Presidency
- Taft's Weight: Myths, Facts, and Public Perception
- Health Implications and Presidential Fitness
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Who Was the Fattest U.S. President?

When discussing the fattest U.S. president, the name William Howard Taft almost always comes up. Taft, who served as the 27th President of the United States from 1909 to 1913, holds the distinction of being the heaviest president in American history. His weight was not only a defining personal characteristic but also became a subject of public fascination and scrutiny during and after his time in office.

Taft's weight at its peak reportedly reached about 340 pounds, making him stand out among his contemporaries. While other presidents have faced health challenges and varying body types, none have approached the size and stature of Taft. His physical appearance was frequently noted in newspapers, political cartoons, and public discourse, cementing his legacy as the "fattest U.S. president."

William Howard Taft: Life and Presidency

Early Life and Rise to Power

William Howard Taft was born in Cincinnati, Ohio, into a politically active family. His father, Alphonso Taft, served as Attorney General and Secretary of War under President Ulysses S. Grant. William attended Yale University, where he excelled academically and participated in sports, though his weight was already above average for his age.

After graduating from Yale, Taft pursued a career in law and quickly rose through the ranks of government service. He served as a judge, solicitor general, and eventually as governor-general of the Philippines. His reputation for fairness and legal expertise caught the attention of President Theodore Roosevelt, who later supported Taft's bid for the presidency.

Presidential Tenure (1909-1913)

As president, Taft focused on trust-busting, civil service reform, and strengthening the judiciary. However, his administration was often overshadowed by his predecessor, Theodore Roosevelt, and internal conflict within the Republican Party. Despite his impressive intellect and dedication to public service, Taft's weight became a frequent topic of public commentary and sometimes ridicule.

Taft's presidency ended after one term, but he continued to serve the nation as Chief Justice of the Supreme Court, making him the only person to have held both offices.

Taft's Weight: Myths, Facts, and Public Perception

How Much Did William Howard Taft Weigh?

Historical records indicate that William Howard Taft's highest recorded weight was approximately 340 pounds during his presidency. He stood about 6 feet 2 inches tall, giving him a body mass index (BMI) in the severely obese range by modern medical standards. Despite efforts to control his weight, Taft struggled with obesity throughout his adult life.

Famous Stories and Myths

Taft's size led to several stories and urban legends, the most famous being the tale of him getting stuck in the White House bathtub. While this story has been exaggerated over time, it is true that a larger-than-standard bathtub was installed for Taft's use. The narrative highlights the intersection of presidential health and public curiosity.

Public and Media Reactions

- Newspapers frequently published cartoons featuring Taft's size.
- Pundits often speculated about his health and ability to serve.
- His weight became a national talking point, sometimes overshadowing his political achievements.
- Taft himself reportedly joked about his size, demonstrating a sense of humor regarding public scrutiny.

Health Implications and Presidential Fitness

Medical Challenges Faced by Taft

Taft's obesity contributed to several health issues, including sleep apnea, high blood pressure, and chronic fatigue. He sought medical advice and attempted various diets throughout his life, sometimes losing significant weight, only to regain it later. His struggles with weight management mirrored broader societal challenges with obesity.

Presidential Health in Historical Context

During Taft's era, there was limited understanding of the long-term health risks associated with obesity. Presidential health was not as closely monitored or discussed as it is today. However, Taft's visible size made his health a matter of public debate and raised awareness about the physical demands of the presidency.

Modern Expectations for Presidential Fitness

In modern times, the health and fitness of U.S. presidents are subject to intense scrutiny. Annual physical exams, public release of health records, and media analysis have become the norm. The legacy of Taft's struggles with weight has contributed to ongoing discussions about the importance of physical and mental fitness in the nation's highest office.

Comparing Presidential Weights Through History

Other Notably Heavy Presidents

While William Howard Taft remains the heaviest president, several other U.S. presidents were notably overweight or faced health challenges related to their size. The following list highlights a few of them:

- Grover Cleveland – Weighed about 250 pounds during his presidency.
- Theodore Roosevelt – Stocky build, around 210–220 pounds but very active.
- Zachary Taylor – Known for a robust frame, though exact weight is unrecorded.
- Donald Trump – Reported weight during presidency was approximately 243 pounds.

Despite these figures, none matched the weight or public attention of Taft. The focus on presidential size varied greatly depending on the era and media landscape.

Trends in Presidential Health and Appearance

Over the decades, there has been a clear trend toward valuing physical fitness and healthy habits among U.S. presidents. Recent presidents, such as Barack Obama and George W. Bush, were known for their exercise routines and emphasis on health. This trend reflects changing societal attitudes toward leadership and wellness.

Legacy of Taft and Changing Attitudes Toward Presidential Health

Impact on Public Perception

William Howard Taft's tenure marked a turning point in public discussion about presidential health. His size became symbolic of both the pressures of office and the personal challenges faced by national leaders. The attention given to his weight paved the way for greater transparency and interest in the health of future presidents.

Taft's Achievements Beyond His Weight

Despite the focus on his size, Taft made significant contributions to American law and governance. His tenure as Chief Justice was marked by important legal decisions and reforms. His career demonstrates that physical appearance does not define a leader's capabilities or legacy.

Modern Reflections on Obesity and Leadership

Today, there is a more nuanced understanding of obesity and its health implications. While Taft remains the fattest U.S. president, modern attitudes emphasize the importance of health without

stigmatizing individuals for their body type. The story of Taft serves as both a historical curiosity and a reminder of the evolving relationship between leadership, health, and public perception.

Frequently Asked Questions about the Fattest U.S. President

Q: Who was the fattest U.S. president?

A: William Howard Taft was the fattest U.S. president, with his weight peaking at around 340 pounds during his presidency.

Q: Did President Taft really get stuck in a bathtub?

A: The story of Taft getting stuck in a bathtub is largely a myth, though a special oversized bathtub was installed for him in the White House.

Q: What health problems did Taft experience due to his weight?

A: Taft suffered from conditions such as sleep apnea, high blood pressure, and fatigue, all of which were likely related to his obesity.

Q: How tall was William Howard Taft?

A: Taft stood about 6 feet 2 inches tall, making him a large man in both height and weight.

Q: Were there other overweight U.S. presidents?

A: Yes, several presidents such as Grover Cleveland and Donald Trump were also overweight, but none matched Taft's size.

Q: How did the public react to Taft's weight during his presidency?

A: Taft's weight was the subject of public discussion, media cartoons, and sometimes ridicule, but he also handled it with humor.

Q: Did Taft's weight affect his performance as president?

A: While Taft faced health challenges, there is no evidence that his weight directly impacted his ability to perform presidential duties.

Q: What other roles did Taft serve in after his presidency?

A: After his presidency, Taft served as Chief Justice of the Supreme Court, the only person to have held both offices.

Q: How has the focus on presidential fitness changed since Taft's time?

A: There is now much greater scrutiny of presidential health, with annual exams and public disclosure of medical information.

Q: What is Taft's legacy beyond being the fattest U.S. president?

A: Taft is remembered for his legal contributions, his service as Chief Justice, and the role he played in shaping presidential health discussions.

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The "Fattest" US President: A Look at Presidential Weight and Health

The weight of US presidents has been a topic of public fascination and speculation for decades. While discussions about a president's physical appearance can veer into unproductive territory, examining historical weight trends offers a unique lens through which to analyze presidential health, lifestyle, and the evolving societal perceptions of body image. This post will explore the commonly cited "fattest" US presidents, analyze the challenges of defining "fattest" objectively, and discuss the broader implications of presidential weight for public health and the image projected by the highest office in the land. We'll delve into the historical context, explore the available data, and avoid sensationalism in favor of informed analysis.

Defining "Fattest": The Challenges of Historical Accuracy

The very concept of identifying the "fattest" US president presents immediate challenges. Reliable, consistent weight data across presidential administrations is scarce. Historical records often lack the precision of modern medical measurements, relying on anecdotal accounts, newspaper descriptions, and even artistic renderings. These sources are inherently subjective and prone to bias. Weight alone is also an insufficient measure of health; body mass index (BMI), a more comprehensive indicator, requires height data, which is often equally unreliable for earlier presidents. Therefore, any attempt to definitively crown one president as the "fattest" must acknowledge the inherent limitations of the available data.

William Howard Taft: A Case Study in Presidential Weight

William Howard Taft, the 27th president of the United States, is frequently cited as the heaviest president. While precise weight figures vary across sources, he is widely acknowledged to have been significantly overweight, with estimates placing his weight upwards of 300 pounds. Taft's weight was a subject of public commentary during his presidency, and his struggles with mobility are well-documented. However, it's crucial to contextualize his weight within the societal norms and medical understanding of his time. Dietary and exercise science were far less advanced than today, and obesity was not as widely understood as a significant health risk.

Other Presidents Often Mentioned in the Discussion

While Taft's weight is generally considered the most substantial, other presidents have also been subjects of discussions regarding their weight. For example, Grover Cleveland, Chester A. Arthur, and Warren G. Harding are sometimes included in conversations about heavier presidents. However, the lack of precise data makes direct comparisons difficult and potentially misleading. Again, focusing solely on weight without considering height and overall health creates an incomplete and potentially inaccurate narrative.

The Importance of Presidential Health and Public Perception

The weight and overall health of a president are undeniably matters of public interest. A healthy president is better equipped to handle the immense physical and mental demands of the office. Moreover, the president's physical well-being contributes to the public's perception of leadership and strength. While it's important to avoid body-shaming or making judgments based solely on appearance, discussing presidential health within a factual and respectful framework is essential for fostering a healthier national dialogue about weight and well-being.

Beyond Weight: Considering Overall Health and Lifestyle

It's crucial to move beyond a simplistic focus on weight and consider the broader context of presidential health. Lifestyle choices, including diet, exercise, and stress management, play critical roles in determining overall well-being. Examining the known habits and documented health issues of past presidents can provide valuable insights into the relationship between lifestyle and leadership effectiveness. Unfortunately, comprehensive data on these factors is often limited for earlier administrations.

The Evolving Understanding of Obesity

Our understanding of obesity and its health consequences has dramatically evolved since the presidencies of Taft and other earlier leaders. Modern medicine offers a far more nuanced understanding of the complex interplay of genetics, environment, and lifestyle factors contributing to weight gain. This increased awareness has led to improved preventative measures and treatment options. By examining historical presidential weight alongside contemporary medical knowledge, we gain a richer perspective on the ongoing struggle against obesity and its impact on public health.

Conclusion

Determining the "fattest" US president is a challenging task hampered by the limitations of historical data. While William Howard Taft is often cited, any definitive ranking would require a more robust and consistent set of measurements across presidential administrations. More important than a simple ranking is a thoughtful examination of presidential health, the societal perceptions of weight, and the evolving understanding of obesity's impact on public health. Focusing on the broader context of lifestyle choices and the advancements in medical science provides a more informative and meaningful analysis.

FAQs

1. What was William Howard Taft's approximate weight? Estimates vary, but many sources place his weight above 300 pounds. However, the accuracy of these estimates is debated.
2. Is weight the only indicator of presidential health? No, weight is only one factor. Height, BMI, overall health conditions, and lifestyle choices are also critical aspects to consider.
3. How reliable are historical accounts of presidential weight? Historical accounts are often subjective and lack the precision of modern medical measurements. They should be interpreted with

caution.

4. Why is it important to discuss presidential health? A healthy president is better equipped to manage the demanding responsibilities of the office, and their well-being impacts public perception.

5. How has our understanding of obesity changed over time? Modern medicine offers a far more nuanced understanding of obesity and its causes, leading to better preventative measures and treatments.

fattest us president: Fat Land Greg Critser, 2004-01-05 “An in-depth, well-researched, and thoughtful exploration of the ‘fat boom’ in America.” —TheBoston Globe Low carb, high protein, raw foods . . . despite our seemingly endless obsession with fad diets, the startling truth is that six out of ten Americans are overweight or obese. In *Fat Land*, award-winning nutrition and health journalist Greg Critser examines the facts and societal factors behind the sensational headlines, taking on everything from supersize to Super Mario, high-fructose corn syrup to the high costs of physical education. With a sharp eye and even sharper tongue, Critser examines why pediatricians are now treating conditions rarely seen in children before; why type 2 diabetes is on the rise; the personal struggles of those with weight problems—especially among the poor—and how agribusiness has altered our waistlines. Praised by the New York Times as “absorbing” and by Newsday as “riveting,” this disarmingly funny, yet truly alarming, exposé stands as an important examination of one of the most pressing medical and social issues in the United States. “One scary book and a good companion to Eric Schlosser’s *Fast Food Nation*.” —Seattle Post-Intelligencer

fattest us president: Real Life at the White House John Whitcomb, Claire Whitcomb, 2002 An irresistible chronological overview of daily life in the presidential residence. Divided into 42 chapters representing each succeeding administration, this survey is brimming with fun facts, tantalizing tidbits, and memorable anecdotes detailing two centuries of domestic bliss and strife in the White House. From George Washington, who chose the sight and initiated work on the presidential mansion, to Bill Clinton, whose well-documented White House escapades titillated and scandalized the nation, each individual president has contributed to the mystique of the most readily recognized home in the U.S. Together with scores of drawings, portraits, and photographs, the breezy text chronicles the significant physical, social, and emotional changes wrought by each First Family as they sought to personalize daily life in the White House.

fattest us president: Foods for the Fat Nathaniel Edward Yorke-Davies, 1889 First U.S. edition, published in the same year as the London first. Edited by Charles W. Greene, the work appears here with a new introduction noting that the English calendar of seasonal foods does not apply exactly to the American situation. The supplied recipes emphasize meat and vegetables while avoiding starches, and recommend the use of saccharin instead of sugar. [PRBM].

fattest us president: The Bully Pulpit Doris Kearns Goodwin, 2013-11-05 Pulitzer Prize-winning author and presidential historian Doris Kearns Goodwin’s dynamic history of Theodore Roosevelt, William H. Taft and the first decade of the Progressive era, that tumultuous time when the nation was coming unseamed and reform was in the air. Winner of the Carnegie Medal. Doris Kearns Goodwin’s *The Bully Pulpit* is a dynamic history of the first decade of the Progressive era, that tumultuous time when the nation was coming unseamed and reform was in the air. The story is told through the intense friendship of Theodore Roosevelt and William Howard Taft—a close relationship that strengthens both men before it ruptures in 1912, when they engage in a brutal fight for the presidential nomination that divides their wives, their children, and their closest friends, while crippling the progressive wing of the Republican Party, causing Democrat Woodrow Wilson to be elected, and changing the country’s history. *The Bully Pulpit* is also the story of the muckraking press, which arouses the spirit of reform that helps Roosevelt push the government to shed its laissez-faire attitude toward robber barons, corrupt politicians, and

corporate exploiters of our natural resources. The muckrakers are portrayed through the greatest group of journalists ever assembled at one magazine—Ida Tarbell, Ray Stannard Baker, Lincoln Steffens, and William Allen White—teamed under the mercurial genius of publisher S.S. McClure. Goodwin's narrative is founded upon a wealth of primary materials. The correspondence of more than four hundred letters between Roosevelt and Taft begins in their early thirties and ends only months before Roosevelt's death. Edith Roosevelt and Nellie Taft kept diaries. The muckrakers wrote hundreds of letters to one another, kept journals, and wrote their memoirs. The letters of Captain Archie Butt, who served as a personal aide to both Roosevelt and Taft, provide an intimate view of both men. The Bully Pulpit, like Goodwin's brilliant chronicles of the Civil War and World War II, exquisitely demonstrates her distinctive ability to combine scholarly rigor with accessibility. It is a major work of history—an examination of leadership in a rare moment of activism and reform that brought the country closer to its founding ideals.

fattest us president: The Life and Times of William Howard Taft Henry Fowles Pringle, 1964 Henry Fowles Pringle (1897-1958) was an American historian and writer most famous for his witty but scholarly biography of Theodore Roosevelt which won the Pulitzer prize in 1932, as well as the scholarly biography of William Howard Taft. Although he won the Pulitzer Prize in biography for Theodore Roosevelt, a Biography, Henry F. Pringle's most famous work is considered The Life and Times of William Howard Taft: A Biography. The William Howard Taft biography was published in 1939 and is often considered the definitive biography of the 27th president. Pringle's biography of Taft was a more balanced and thoughtful piece of work than the Roosevelt study. He had unlimited access to the large collection of Taft papers. Moreover, he discovered in Taft a tortured soul whose life could best be understood from the inside rather than from the outside. This offered a more serious challenge to the biographer than the chiefly visible exploits of Teddy Roosevelt. A newspaper reporter, he later became a professor at the Columbia University School of Journalism, and served as chief of the publications division of the Office of War Information in 1942-1943.

fattest us president: Nature Wants Us to Be Fat Richard Johnson, 2022-02-08 2022 NATIONAL INDIE EXCELLENCE AWARDS FINALIST — HEALTH: GENERAL "It is exceptionally well organized and presented, making it an ideal and highly recommended addition to personal, community, college, and university library Health/Medicine collections." —Midwest Book Review Nature puts a "survival switch" in our bodies to protect us from starvation. Stuck in the "on" position, it's the hidden source of weight gain, heart disease, and many other common health struggles. But you can turn it off. Dr. Richard Johnson has been on the cutting edge of research into the cause of obesity for more than a decade. His team's discovery of the fructose-powered survival switch—a metabolic pathway that animals in nature turn on and off as needed, but that our modern diet has permanently fixed in the "on" position, where it becomes a fat switch—revolutionized the way we think about why we gain weight. In Nature Wants Us to Be Fat, he details the mounting evidence on how this switch is responsible both for excess fat storage and for many of the major diseases endemic to the Western world, including heart disease, cancer, and dementia. Dr. Johnson also reveals the surprising link between the survival switch and health conditions such as gout, kidney disease, liver disease, stroke—and even behavioral issues like addiction and ADHD. And, most important, he shares a science-based plan to help readers fight back against nature. Guided by ongoing clinical research—plus fascinating observations from the animal kingdom, evolution, and history—Dr. Johnson takes you along on an eye-opening investigation into: What you can do to turn off your survival switch What we have in common with hibernating bears, sperm whales, and the world's fattest bird Why it's fructose (not glucose) that drives insulin resistance and metabolic disease The foods we eat that trigger the body to make its own fructose The surprising role salt and dehydration play in fat accumulation The surprising link between the survival switch and health conditions such as gout and liver and kidney diseases, and even behavioral issues like addiction and ADHD Dr. Johnson not only provides new recommendations for how we can prevent or treat obesity, but also how we can use this information to reduce our risk of developing disease. Nature wants us to be fat, and when we understand why, we gain the tools we need to lose weight and optimize our health.

fattest us president: Too Much and Never Enough Mary L. Trump, 2022-01-04 In this revelatory, authoritative portrait of Donald J. Trump and the toxic family that made him, Mary L. Trump, a trained clinical psychologist and Donald's only niece, shines a bright light on the dark history of their family in order to explain how her uncle became the man who now threatens the world's health, economic security, and social fabric. Mary Trump spent much of her childhood in her grandparents' large, imposing house in the heart of Queens, New York, where Donald and his four siblings grew up. She describes a nightmare of traumas, destructive relationships, and a tragic combination of neglect and abuse. She explains how specific events and general family patterns created the damaged man who occupied the Oval Office, including the strange and harmful relationship between Fred Trump and his two oldest sons, Fred Jr. and Donald. A firsthand witness to countless holiday meals and interactions, Mary brings an incisive wit and unexpected humor to sometimes grim, often confounding family events. She recounts in unsparing detail everything from her uncle Donald's place in the family spotlight and Ivana's penchant for regifting to her grandmother's frequent injuries and illnesses and the appalling way Donald, Fred Trump's favorite son, dismissed and derided him when he began to succumb to Alzheimer's. Numerous pundits, armchair psychologists, and journalists have sought to parse Donald J. Trump's lethal flaws. Mary L. Trump has the education, insight, and intimate familiarity needed to reveal what makes Donald, and the rest of her clan, tick. She alone can recount this fascinating, unnerving saga, not just because of her insider's perspective but also because she is the only Trump willing to tell the truth about one of the world's most powerful and dysfunctional families.

fattest us president: Fearing the Black Body Sabrina Strings, 2019-05-07 Winner, 2020 Body and Embodiment Best Publication Award, given by the American Sociological Association Honorable Mention, 2020 Sociology of Sex and Gender Distinguished Book Award, given by the American Sociological Association How the female body has been racialized for over two hundred years There is an obesity epidemic in this country and poor Black women are particularly stigmatized as "diseased" and a burden on the public health care system. This is only the most recent incarnation of the fear of fat Black women, which Sabrina Strings shows took root more than two hundred years ago. Strings weaves together an eye-opening historical narrative ranging from the Renaissance to the current moment, analyzing important works of art, newspaper and magazine articles, and scientific literature and medical journals—where fat bodies were once praised—showing that fat phobia, as it relates to Black women, did not originate with medical findings, but with the Enlightenment era belief that fatness was evidence of "savagery" and racial inferiority. The author argues that the contemporary ideal of slenderness is, at its very core, racialized and racist. Indeed, it was not until the early twentieth century, when racialized attitudes against fatness were already entrenched in the culture, that the medical establishment began its crusade against obesity. An important and original work, *Fearing the Black Body* argues convincingly that fat phobia isn't about health at all, but rather a means of using the body to validate race, class, and gender prejudice.

fattest us president: So You Want to be President? Judith St. George, 2000 Presents an assortment of facts about the qualifications and characteristics of U.S. presidents, from George Washington to Bill Clinton.

fattest us president: William Howard Taft Jeffrey Rosen, 2018-03-20 The only man to serve as president and chief justice, who approached every decision in constitutional terms, defending the Founders' vision against new populist threats to American democracy William Howard Taft never wanted to be president and yearned instead to serve as chief justice of the United States. But despite his ambivalence about politics, the former federal judge found success in the executive branch as governor of the Philippines and secretary of war, and he won a resounding victory in the presidential election of 1908 as Theodore Roosevelt's handpicked successor. In this provocative assessment, Jeffrey Rosen reveals Taft's crucial role in shaping how America balances populism against the rule of law. Taft approached each decision as president by asking whether it comported with the Constitution, seeking to put Roosevelt's activist executive orders on firm legal grounds. But

unlike Roosevelt, who thought the president could do anything the Constitution didn't forbid, Taft insisted he could do only what the Constitution explicitly allowed. This led to a dramatic breach with Roosevelt in the historic election of 1912, which Taft viewed as a crusade to defend the Constitution against the demagogic populism of Roosevelt and Woodrow Wilson. Nine years later, Taft achieved his lifelong dream when President Warren Harding appointed him chief justice, and during his years on the Court he promoted consensus among the justices and transformed the judiciary into a modern, fully equal branch. Though he had chafed in the White House as a judicial president, he thrived as a presidential chief justice.

fattest us president: *President Taft Is Stuck in the Bath* Mac Barnett, 2016-08-02 "Hilarious. . . Studying the presidency need never be dull again." — Booklist George Washington crossed the Delaware in the dead of night. Abraham Lincoln saved the Union. And President William Howard Taft, a man of great stature . . . well, he got stuck in a bathtub. Now how did he get unstuck?

fattest us president: *Hunger* Roxane Gay, 2017-06-13 'I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe.' New York Times bestselling author Roxane Gay has written with intimacy and sensitivity about food and bodies, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as wildly undisciplined, Roxane understands the tension between desire and denial, between self-comfort and self-care. In *Hunger*, she casts an insightful and critical eye on her childhood, teens, and twenties—including the devastating act of violence that acted as a turning point in her young life—and brings readers into the present and the realities, pains, and joys of her daily life. With the bracing candor, vulnerability, and authority that have made her one of the most admired voices of her generation, Roxane explores what it means to be overweight in a time when the bigger you are, the less you are seen. *Hunger* is a deeply personal memoir from one of our finest writers, and tells a story that hasn't yet been told but needs to be.

fattest us president: *Nixon's White House Wars* Patrick J. Buchanan, 2017-05-09 From Vietnam to the Southern Strategy, from the opening of China to the scandal of Watergate, Pat Buchanan—speechwriter and senior adviser to President Nixon—tells the untold story of Nixon's embattled White House, from its historic wins to its devastating defeats. In his inaugural address, Nixon held out a hand in friendship to Republicans and Democrats alike. But by the fall of 1969, massive demonstrations in Washington and around the country had been mounted to break his presidency. In a brilliant appeal to what he called the "Great Silent Majority," Nixon sent his enemies reeling. Vice President Agnew followed by attacking the blatant bias of the media in a fiery speech authored and advocated by Buchanan. And by 1970, Nixon's approval rating soared to 68 percent, and he was labeled "The Most Admired Man in America". Then one by one, the crises came, from the invasion of Cambodia, to the protests that killed four students at Kent State, to race riots and court ordered school busing. Buchanan chronicles Nixon's historic trip to China, and describes the White House strategy that brought about Nixon's 49-state landslide victory over George McGovern in 1972. When the Watergate scandal broke, Buchanan urged the president to destroy the Nixon tapes before they were subpoenaed, and fire Special Prosecutor Archibald Cox, as Nixon ultimately did in the "Saturday Night Massacre." After testifying before the Watergate Committee himself, Buchanan describes the grim scene at Camp David in August 1974, when Nixon's staff concluded he could not survive. In a riveting memoir from behind the scenes of the most controversial presidency of the last century, *Nixon's White House Wars* reveals both the failings and achievements of the 37th President, recorded by one of those closest to Nixon from before his political comeback, through to his final days in office.

fattest us president: *Fat White Vampire Blues* Andrew Fox, 2003-07-01 He's undead, overweight, and can't get a date Vampire, nosferatu, creature of the night—whatever you call him—Jules Duchon has lived (so to speak) in New Orleans far longer than there have been drunk

coeds on Bourbon Street. Weighing in at a whopping four hundred and fifty pounds, swelled up on the sweet, rich blood of people who consume the fattiest diet in the world, Jules is thankful he can't see his reflection in a mirror. When he turns into a bat, he can't get his big ol' butt off the ground. What's worse, after more than a century of being undead, he's watched his neighborhood truly go to hell—and now, a new vampire is looking to drive him out altogether. See, Jules had always been an equal opportunity kind of vampire. And while he would admit that the blood of a black woman is sweeter than the blood of a white man, Jules never drank more than his fair share of either. Enter Malice X . Young, cocky, and black, Malice warns Jules that his days of feasting on sisters and brothers are over. He tells Jules he'd better confine himself to white victims—or else face the consequences. And then, just to prove he isn't kidding, Malice burns Jules's house to the ground. With the help of Maureen, the morbidly obese, stripper-vampire who made him, and Doodlebug, an undead cross-dresser who (literally) flies in from the coast—Jules must find a way to contend with the hurdles that life throws at him . . . without getting a stake through the heart. It's enough to give a man the blues.

fattest us president: *Salt, Sugar, Fat* Michael Moss, 2013-02-28 The No.1 New York Times Bestseller In China, for the first time, the people who weigh too much now outnumber those who weigh too little. In Mexico, the obesity rate has tripled in the past three decades. In the UK over 60 per cent of adults and 30 per cent of children are overweight, while the United States remains the most obese country in the world. We are hooked on salt, sugar and fat. These three simple ingredients are used by the major food companies to achieve the greatest allure for the lowest possible cost. Here, Pulitzer Prize-winning investigative reporter Michael Moss exposes the practices of some of the most recognisable (and profitable) companies and brands of the last half century. He takes us inside the labs where food scientists use cutting-edge technology to calculate the 'bliss point' of sugary drinks. He unearths marketing campaigns designed - in a technique adapted from the tobacco industry - to redirect concerns about the health risks of their products, and reveals how the makers of processed foods have chosen, time and again, to increase consumption and profits, while gambling with our health. Are you ready for the truth about what's in your shopping basket?

fattest us president: *The Railroad at Pocatello* Thornton Waite, 2012 Pocatello was founded as a station on the narrow-gauge Utah and Northern Railway in 1878, and it has been a railroad town ever since. Passenger and freight trains arrived and departed in all four directions of the compass, 24 hours a day. The Union Pacific also built extensive shops at Pocatello, where railroad equipment was serviced, maintained, and repaired. In addition, refrigerator cars were iced from a large icehouse, and railroad ties were treated with preservative at a tie plant. The advent of the automobile, improved roads, new technologies, and the introduction of the diesel-electric locomotives all combined to change the railroad industry, affecting Pocatello in many ways. Passenger trains were discontinued, the steam-locomotive-servicing facilities were closed, and shop buildings were torn down. However, the railroad in Pocatello remains a vital part of the local scene today, with freight trains continuing to run through the city day and night.

fattest us president: *Garfield Older & Wider* Jim Davis, 2012-10-23 The renowned feline philosopher shares his hard-won wisdom on life as he argues that laziness is its own reward, alarm clocks were made for smashing, maturity is overrated, and if you can't take it with you, eat it now.

fattest us president: *Stranger in a Strange Land* Robert A. Heinlein, 2014-06-05 The original uncut edition of STRANGER IN A STRANGE LAND by Hugo Award winner Robert A Heinlein - one of the most beloved, celebrated science-fiction novels of all time. Epic, ambitious and entertaining, STRANGER IN A STRANGE LAND caused controversy and uproar when it was first published and is still topical and challenging today. Twenty-five years ago, the first manned mission to Mars was lost, and all hands presumed dead. But someone survived... Born on the doomed spaceship and raised by the Martians who saved his life, Valentine Michael Smith has never seen a human being until the day a second expedition to Mars discovers him. Upon his return to Earth, a young nurse named Jill Boardman sneaks into Smith's hospital room and shares a glass of water with

him, a simple act for her but a sacred ritual on Mars. Now, connected by an incredible bond, Smith, Jill and a writer named Jubal must fight to protect a right we all take for granted: the right to love.

fattest us president: Trump Revealed Michael Kranish, Marc Fisher, 2016-08-23 A comprehensive biography of Donald Trump, the Republican front-runner in the presidential election campaign. Trump Revealed will be reported by a team of award-winning Washington Post journalists and co-authored by investigative political reporter Michael Kranish and senior editor Marc Fisher. Trump Revealed will offer the most thorough and wide-ranging examination of Donald Trump's public and private lives to date, from his upbringing in Queens and formative years at the New York Military Academy, to his turbulent careers in real estate and entertainment, to his astonishing rise as the front-runner for the Republican presidential nomination. The book will be based on the investigative reporting of more than two dozen Washington Post reporters and researchers who will leverage their expertise in politics, business, legal affairs, sports, and other areas. The effort will be guided by a team of editors headed by Executive Editor Martin Baron, who joined the newspaper in 2013 after his successful tenure running The Boston Globe, which included the "Spotlight" team's investigation of sexual abuse in the Catholic Church.

fattest us president: Fat is a Feminist Issue Susie Orbach, 1979

fattest us president: Dead Presidents: An American Adventure into the Strange Deaths and Surprising Afterlives of Our Nation's Leaders Brady Carlson, 2016-02-01 Entertaining...Carlson shifts deftly among sombre, macabre, and playful stories and shows how the death-tourism industry reveals more than amusing trivia. —The New Yorker In Dead Presidents, public radio host and reporter Brady Carlson takes readers on an epic trip to presidential gravesites, monuments, and memorials from sea to shining sea. With an engaging mix of history and contemporary reporting, Carlson explores the death stories of our greatest leaders, and shows that the ways we memorialize our presidents reveal as much about us as they do about the men themselves.

fattest us president: In America Geert Mak, 2014-11-20 In 1960 John Steinbeck and his dog Charley set out in their green pickup truck to rediscover the soul of America, visiting small towns and cities from New York to New Orleans. The trip became Travels With Charley, one of his best-loved books. Half a century on, Geert Mak sets off from Steinbeck's home. Mile after mile, as he retraces Steinbeck's footsteps through the potato fields of Maine to the endless prairies of the Midwest and stumbles across glistening suburbs and boarded-up stores, Mak searches for the roots of America and what remains of the world Steinbeck describes. How has America changed in the last fifty years; what remains of the American dream; and what do Europe and America now have in common?

fattest us president: A Flat Stomach ASAP Ellington Darden, 1998 Helps you lose from 7 to 11 pounds of fat and 2.5 inches from your midsection in as little as two weeks and see even more dramatic results in six weeks.

fattest us president: Fat Christopher E. Forth, 2019-06-15 Fat: such a little word evokes big responses. While 'fat' describes the size and shape of bodies, our negative reactions to corpulent bodies also depend on something tangible and tactile; as this book argues, there is more to fat than meets the eye. Fat: A Cultural History of the Stuff of Life offers a historical reflection on how fat has been perceived and imagined in the West since antiquity. Featuring fascinating historical accounts, philosophical, religious and cultural arguments, including discussions of status, gender and race, the book digs deep into the past for the roots of our current notions and prejudices. Three central themes emerge: how we have perceived and imagined obesity over the centuries; how fat as a substance has elicited disgust and how it evokes perceptions of animality; but also how it has been associated with vitality and fertility. By exploring the complex ways in which fat, fatness and fattening have been perceived over time, this book provides rich insights into the stuff our stereotypes are made of.

fattest us president: Americanah Chimamanda Ngozi Adichie, 2023-05-11 SHORTLISTED FOR THE BAILEY'S WOMEN'S PRIZE FOR FICTION 'A delicious, important novel' The Times 'Alert, alive and gripping' Independent 'Some novels tell a great story and others make you change the way you

look at the world. Americanah does both.' Guardian As teenagers in a Lagos secondary school, Ifemelu and Obinze fall in love. Their Nigeria is under military dictatorship, and people are fleeing the country if they can. Ifemelu--beautiful, self-assured--departs for America to study. She suffers defeats and triumphs, finds and loses relationships and friendships, all the while feeling the weight of something she never thought of back home: race. Obinze--the quiet, thoughtful son of a professor--had hoped to join her, but post-9/11 America will not let him in, and he plunges into a dangerous, undocumented life in London. Thirteen years later, Obinze is a wealthy man in a newly democratic Nigeria, while Ifemelu has achieved success as a writer of an eye-opening blog about race in America. But when Ifemelu returns to Nigeria, and she and Obinze reignite their shared passion--for their homeland and for each other--they will face the toughest decisions of their lives. Fearless, gripping, spanning three continents and numerous lives, Americanah is a richly told story of love and expectation set in today's globalized world.

fattest us president: *Fat Vampire 6: Survival of the Fattest* Johnny B. Truant, 2024-05-01 The Era of Nighttime Has Begun... Forty years have passed since the end of the vampire/human war. Vampires have taken over the planet and have settled in, making themselves comfortable in the infrastructure their predecessors built, with just a few adjustments to ensure a permanent night. Humans still exist, tightly controlled, because the alpha species needs to eat. But even after four decades of peace, Reginald can't shake his conviction that the war never really ended — that the archive he still holds in his blood warns of an ominous change on the horizon. As old foes rise, the power structures of both races begin to falter and the very existence of life on Earth (both hot-blooded and undead) hangs in the balance. Rebel humans have developed new and frightening weapons, and they aren't afraid to use them even if it could mean the end of everything. And Reginald Baskin — always an outcast, always neglected — may be the only chance to stop it. But as Reginald steps into his destined role as a leader, he faces a hideous inevitability that even he never saw coming ... and that he may be too late to prevent.

fattest us president: Top 10 of Everything 2008 Russell Ash, 2007-09 A collection of top ten lists of facts and trivia in all areas from art to zoology.

fattest us president: Jackie's Gift Sharon Robinson, 2010-10-14 Young Steve Satlow is thrilled when his hero Jackie Robinson moves onto his block. After the famed second baseman invites Steve to a Dodgers game, the two become friends. So when Jackie hears that the Satlows don't have a Christmas tree, he decides to give them one, not realizing the Satlows are Jewish. But Jackie's gift helps these two different families discover how much they have in common. Written by the daughter of baseball legend Jackie Robinson and illustrated by a Caldecott Honor winner, Jackie's Gift is a holiday tale-based on a true story-about friendship and breaking barriers.

fattest us president: Aequanimitas William Osler, 1932-12-22 A timeless collection of essays from famed physician and statesman, the late William Osler, MD Capturing the essence of the healing art, the book makes the perfect gift item or serves as a welcome pause that refreshes.

fattest us president: The United States of America ,

fattest us president: Dead Presidents Brady Carlson, 2017-02-07 Entertaining...Carlson shifts deftly among sombre, macabre, and playful stories and shows how the death-tourism industry reveals more than amusing trivia. —The New Yorker In *Dead Presidents*, public radio host and reporter Brady Carlson takes readers on an epic trip to presidential gravesites, monuments, and memorials from sea to shining sea. With an engaging mix of history and contemporary reporting, Carlson explores the death stories of our greatest leaders, and shows that the ways we memorialize our presidents reveal as much about us as they do about the men themselves.

fattest us president: NOFX NOFX, Jeff Alulis, 2016-04-12 The candid, hilarious, shocking, occasionally horrifying, and surprisingly moving New York Times bestselling autobiography of punk legends NOFX, their own story in their own words NOFX: The Hepatitis Bathtub and Other Stories is the first tell-all autobiography from one of the world's most influential and controversial punk bands. Alongside hilarious anecdotes about pranks and drunkenness and teenage failures-featuring the trademark NOFX sense of humor-the book also shares the ugliness and horror the band members

experienced on the road to becoming DIY millionaires. Fans and non-fans alike will be shocked by stories of murder, suicide, addiction, counterfeiting, riots, bondage, terminal illness, the Yakuza, and pee...lots and lots of pee. Told by each of the band members (and two former members), NOFX looks back at more than thirty years of comedy, tragedy, and completely inexplicable success.

fattest us president: Party Like a President Brian Abrams, 2015-02-10 There's the office: President of the United States. And then there's the man in the office—prone to temptation and looking to unwind after a long day running the country. Celebrating the decidedly less distinguished side of the nation's leaders, humor writer Brian Abrams offers a compelling, hilarious, and true American history on the rocks—a Washington-to-Obama, vice-by-vice chronicle of how the presidents like to party. From explicit love letters to slurred speeches to nude swims at Bing Crosby's house, reputations are ruined and secrets bared. George Washington brokered the end of the? American Revolution over glasses of Madeira. Ulysses S. Grant rarely drew a sober breath when he was leading the North to victory. And it wasn't all liquor. Some presidents preferred their drugs—Nixon was a pill-popper. And others chased women instead—both the professorial Woodrow Wilson (who signed his love letters "Tiger") and the good ol' boy Bill Clinton, though neither could hold a candle to Kennedy, who also received the infamous Dr. Feelgood's "vitamin" injections of pure amphetamine. Illustrated throughout with infographics (James Garfield's attempts at circumnavigating the temperance movement), comic strips (George Bush Sr.'s infamous televised vomiting incident), caricatures, and fake archival documents, the book has the smart, funny feel of Mad magazine meets The Colbert Report. Plus, it includes recipes for 44 cocktails inspired by each chapter's partier-in-chief.

fattest us president: My Thirty Years Backstairs at the White House Lillian Rogers Parks, 1961 This is the combined biography of two domestic servants, a mother and her daughter, each of whom worked for thirty years in the White House. In 1909, he mother was hired by President Taft, who was the first president ever to allow a Black person to enter the White House. She worked in the White House until 1939. Her daughter was hired by President Hoover in 1929 and she worked there until the final days of the Eisenhower Administration in 1959. This book should be required reading for every serious student of American history. The authors were eye witnesses to some of the great events of history and offer different perspectives from that found elsewhere. For example, we learn that when Calvin Coolidge announced in 1927 that he did not intend to run for re-election, he was playing hard-to-get. He believed that the people would insist that he accept a third term of office. He expected to be drafted. He actually wanted a third term in office. Coolidge was disappointed when Herbert Hoover was nominated as he disagreed with Hoover's ideas and policies. We learn that in the last year and a half of the presidency of President Woodrow Wilson, he had to be wheeled around the White House in a wheel chair and was often engaged in sickbed rambling. When Franklin D. Roosevelt took office as president, he was an invalid, confined to a wheelchair. Few Americans knew this and elaborate means were devised to make it appear that Roosevelt was robust and healthy. Whenever he was to speak, railings were created beside where he was to be standing. This was done so that it would appear that FDR was walking, taking a few steps up to the speaker's podium, when in reality the handrails were holding him up and he was dragging his feet a short distance to create the illusion that he was walking. Also, Roosevelt was dependent on his mother, Sara Delano, who had all the money and controlled his finances.

fattest us president: Fat Shame Amy Erdman Farrell, 2011-05-02 A look at how fatness became a cultural stigma in the United States.

fattest us president: The Everything American Presidents Book Martin Kelly, Melissa Kelly, 2007-05-11 The Everything American Presidents Book is an excellent source of information about each of the forty-three men who have served as chief executive of the United States. This exhaustive guide provides you with all you need to know about this country's leaders, including: Their early childhood and formative years The effect of the office on wives and children The triumphs and tragedies that shaped them The legacy of each man's term in office Written in an entertaining style by two experienced educators, this fun and informative guide is packed with facts and details about

the life and times of each president and the major events that shaped his term. The Everything American Presidents Book has everything you need to know about the fascinating men who shaped U.S. history and policy.

fattest us president: Suicide of a Superpower Patrick J. Buchanan, 2012-06-05 America is disintegrating. The one Nation under God, indivisible of the Pledge of Allegiance is passing away. In a few decades, that America will be gone forever. In its place will arise a country unrecognizable to our parents. This is the thrust of Pat Buchanan's *Suicide of a Superpower*, his most controversial and thought-provoking book to date. Buchanan traces the disintegration to three historic changes: America's loss of her cradle faith, Christianity; the moral, social, and cultural collapse that have followed from that loss; and the slow death of the people who created and ruled the nation. And as our nation disintegrates, our government is failing in its fundamental duties, unable to defend our borders, balance our budgets, or win our wars. How Americans are killing the country they profess to love, and the fate that awaits us if we do not turn around, is what *Suicide of a Superpower* is all about.

fattest us president: Fat Pets Professor J. D. Scoffbowl, 2010-05-20 It's the ideal Christmas gift - the first ever collection of pictures of the world's fattest pets! Marvel at the supersized cats, dogs, rabbits and others to be found in this astounding and entertaining book. Will fit in most stockings.

fattest us president: Give Us Liberty Dick Armey, Matt Kibbe, 2010-08-17 Former Majority Leader of the U.S. House of Representatives and leading organizer of the Tea Party movement, Dick Armey offers a Tea Party Manifesto: *Give Us Liberty*. Written with Matt Kibbee, President and CEO of FreedomWorks, *Give Us Liberty* defines the issues and agenda of the wildfire grassroots movement that is electrifying the nation, as it calls on fiscal conservatives to take back America.

fattest us president: It's Our Turn to Eat Michela Wrong, 2009-06-03 The true story of one man's fight against corruption: like a John Le Carré novel" that shows "how and why Kenya descended into political violence" (Washington Post). In January 2003, Kenya was hailed as a model of democracy after the peaceful election of President Mwai Kibaki. By appointing respected longtime reformer John Githongo as anticorruption czar, the new Kikuyu government signaled its determination to end the shady practices that had tainted the previous regime. Yet only two years later, Githongo himself was on the run, having secretly compiled evidence of official malfeasance throughout the new administration. Unable to remain silent, Githongo, at great personal risk, made the painful choice to go public. The result was a Kenyan Watergate. Michela Wrong's account of how a pillar of the establishment turned whistle-blower—instantly becoming one of the most hated and admired men in Kenya—grips like a political thriller while probing the very roots of the nation's predicament. "A fast-paced political thriller. . . . Wrong's gripping, thoughtful book stands as both a tribute to Githongo's courage and a cautionary tale." —New York Times Book Review

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